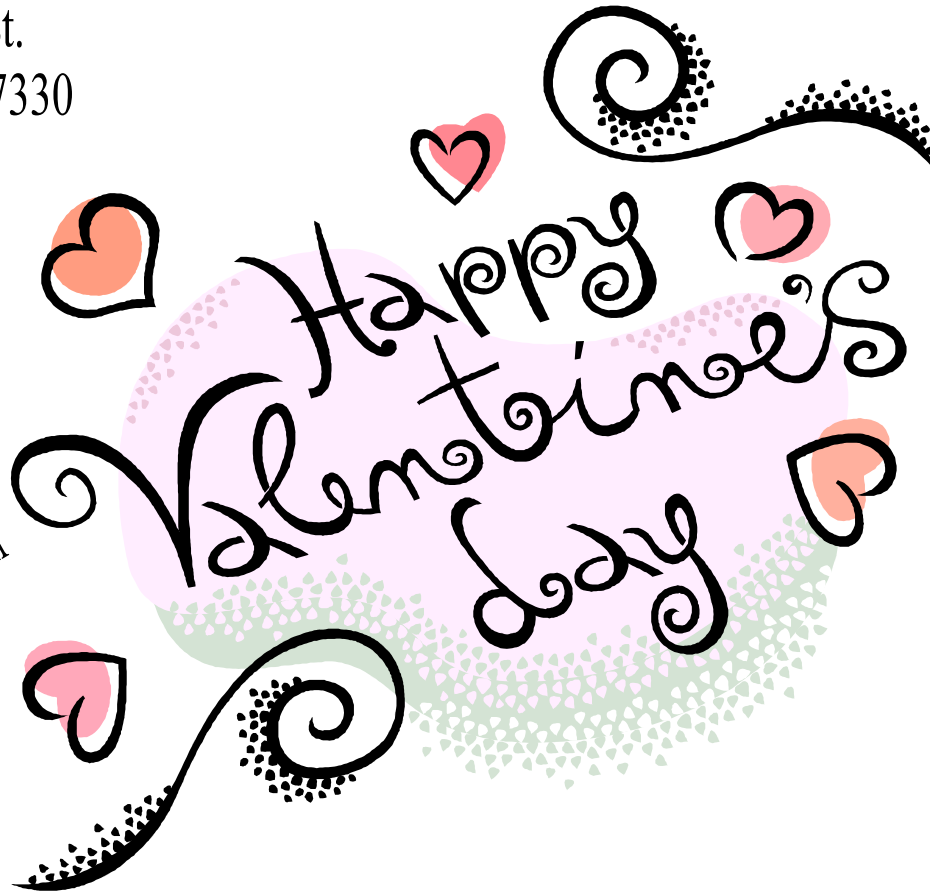


# Home Advisor™

Reliable news for healthy living, saving money, and having fun! February 2013

717 Bragg St.  
Sanford, NC 27330

222 A Central Park Ave.  
Pinehurst, NC 28374



Special of the Month  
Page 5

Jimmy's Health Pages  
Page 6-11

*On Valentine's Day, the day of affection,  
our thoughts quickly turn in your direction.  
This Valentine poem is meant to show you  
how very glad we are to know you!*

Kris's Kuisine  
Pages 14-15

Puzzle Page  
Page 13



***"You'll love your new floors or  
I'll replace them free!"***  
-Jimmy Williams  
[www.factoryflooringanddesign.com](http://www.factoryflooringanddesign.com)

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**Go to our Website**

**Dont forget to check out our Special of the Month on Page 5!!!**

Dear Friends,

### Valentine Traditions

Hundreds of years ago in England, many children dressed up as adults on Valentine's Day. They went singing from home to home. One verse they sang was:

*Good morning to you, valentine;  
Curl your locks as I do mine ---  
Two before and three behind.  
Good morning to you, valentine.*

In Wales wooden love spoons were carved and given as gifts on February 14<sup>th</sup>. Hearts, keys and keyholes were favorite decorations on the spoons. The decoration meant, "You unlock my heart!"

In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week. To wear your heart on your sleeve now means it is easy for other people to know how you are feeling.

In some countries, a young woman may receive a gift of clothing from a young man. If she keeps the gift, it means she will marry him.

Some people used to believe that if a woman saw a robin flying overhead on Valentine's Day, it meant she would marry a sailor. If she saw a sparrow, she would marry a poor man and be very happy. If she saw a goldfinch, she would marry a millionaire.

A love seat is a wide chair. It was first made to seat one woman and her wide dress. Later the love seat or courting seat had two sections, often S-shape. In this way, a couple to sit together – but not too closely!

Think of five or six names of boys or girls you might marry, as you twist the stem of an apple, recite the names until the stem comes off. You will marry the person whose name you were saying when the stem fell off.

I would like to take this opportunity to say Happy Valentine's Day to all of you, hope you have the best Valentine's Day ever!

Your Friend,  
Jimmy

### Holidays This Month:

**Saturday, February 2<sup>nd</sup>**  
Groundhog Day

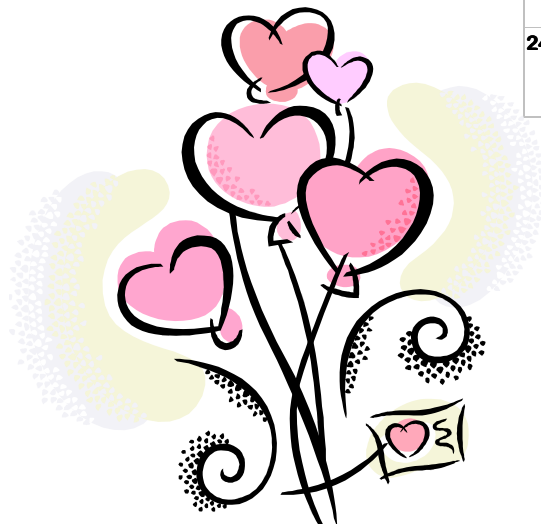
**Sunday, February 3<sup>rd</sup>**  
Super Bowl Sunday

**Tuesday, February 12<sup>th</sup>**  
Mardi Gras

**Thursday, February 14<sup>th</sup>**  
Valentine's Day

**Monday, February 18<sup>th</sup>**  
President's Day

February 2013						
					1	2 ☆
3 ☆	4	5	6	7	8	9
10	11	12 ☆	13	14 ♥	15	16
17	18 ☆	19	20	21	22	23
24	25	26	27	28		



# Did You Know?

## You Can Get The Home Advisor Delivered To You Online!

Go to [factoryflooringanddesign.com](http://factoryflooringanddesign.com) to sign up. It's FREE and you can cancel at any time.

**While you're there, you can sign up for any (or all) of the following:**

**Special of the month:** you'll get an email notifying you of any specials, after-hours events, client appreciation events, etc. These are NOT made available to the general public, and are for previous clients and their referrals ONLY.

**Referral Reward Program:** each month you'll get an email notifying you of that month's referral reward.

**E-Book: the Consumer's Guide To Floor Covering.** Makes a valuable gift for anyone you know who is getting ready to buy new floors.

You'll also find our online store, online spotting guide, and tons of testimonials from Factory Flooring & Design's super-satisfied clients. Check it out at [www.factoryflooringanddesign.com](http://www.factoryflooringanddesign.com).

# Mega Trivia Contest!

**Who Else Wants to Win a Visa gift card? Take our Trivia Challenge and you could win too!**

### **This month's Mega Trivia question....**

If you travelled directly south from London until you reached a foreign country, which one would it be?

- A) France, B) Finland, C) Germany, D) Austria.

To enter, go to [www.factoryflooringanddesign.com](http://www.factoryflooringanddesign.com) and go to our Home Advisor Page, then click on "Mega Trivia Contest." Or you can call Angie at 919-775-3346 or email at [adreeves\\_fco@windstream.net](mailto:adreeves_fco@windstream.net) or go to our facebook page and leave us a message. Take your best guess...your chances of winning are better than you think!

**Answer to last months quiz:**  
*Shamrock*

## President's Day

President's Day combines both Washington's Birthday and Lincoln's birthday, since both happen in the month of February very close together. Why was this done?

In 1968, congress (Legislation #1551) passed a bill that changed several federal holidays, in order for them to fall on a Monday, thus creating a 3-day weekend. The act took affect 3 years later in 1971.

One of the holidays that were affected was Washington's Birthday, which got shifted to the third Monday in February every year, whether it was the 22<sup>nd</sup> (which is really his birthday) or not. Some calendars still print both Washington's Birthday and Lincoln's Birthday on them. Some print "President's Day" on the third Monday in February. However, the third Monday in February is still 'officially" Washington's Birthday. Why? Technically, no President or Congress has ever legally changed the name of the third Monday in February to be designated as "President's Day." (Well, not yet) However, socially it has become known as "President's Day" to not only honor both President George Washington's Birthday and Abraham Lincoln's birthday, but to pay respect and acknowledge all the other men who have served as our presidents.

Usually only federal employees (and companies connected with them) take the day off as a holiday. President's Day today has mostly turned into a commercial event where stores take advantage of the holiday weekend and have sales to empty out their shelves of midwinter stock.

## Ways to make your skin healthy

The primary step to keeping your skin healthy is preventing damage. Pollutants, air, sun as well as by just natural aging can certainly mortify the form of your skin. Frequent grumbles incorporate dry along with itchy skin, sagging, wrinkles, color alterations, together with age spots. Luckily, there are various methods that you can readily apply in order to maintain a healthy skin, feeling and looking at its most excellent appearance.

## Thank You For The Kind Words!

"Factory Flooring & Design did a great job. Everyone was very professional and helpful in meeting our needs. We are very pleased with the new carpet."

**Jane Baker**

"I want to write and thank you for the beautiful rug you made for us. We enjoy it every day. You were so kind to work with us to make us happy. You were right in recommending it. Very few people have such a great customer service program. Usually it is you buy and you are stuck with something even if you are not happy with it. You and your entire staff are a pleasure to work with. I enjoyed getting to know you and Kris."

**Tonya Hart**

Keeping yourself fit, having enough rest, as well as having a healthy diet can set the basis for fine-looking and vigorous complexion. Moreover, a proper diet is not only the excellent way in attaining good health in general but it as well assists you to guarantee that your skin will get all of the vitamins and minerals, along with the nutrients that it requires to preserve and fix itself.

Another way to keep your skin healthy is to apply the right skin care products to your skin. The best anti aging skincare products that can aid you to hydrate your skin are now available at [Mercola.com](http://Mercola.com). Having clean skin by using the best skin cleanser is also a great way of preventing skin damages.

Do not fail to remember that one should apply a natural sunscreen, or a moisturizer that includes sunscreen (with minimum of SPF 15) every day. Although, it does not mean that you should not go out at all during the day, as if you are like a nocturnal creature. Your skin also needs some sunlight every day. At least 60% of your skin should be exposed to the sunlight.

In addition to that, a variety of fine skin care products such as an all natural moisturizer is one of the essential components for a vigorous complexity. Keep on moisturizing all through the day to keep your sensitive skin vigorous. Your hands as well as your face is especially vulnerable to everyday dent, and might require it to be moisturized further.



# 7 Simple Steps In Cleaning Your Furnace Filter

Regular furnace maintenance is indispensable to keep your home's cooling or heating system in top condition. Cleaning a furnace can be cumbersome to some homeowners but knowing that the build up of dust and debris in the system can create friction and a possible fire hazard, they should deem it important. There are lots of professional services offering furnace and duct cleaning using the right tool to fully reach down and target the dirt accumulated in your HVAC's furnaces. However, there are simple tools that are easily accessible right in your nearest hardware store that can let you clean your own furnace and spare yourself from spending with labor.

Check out these simple steps on how you can go about cleaning your own furnace filter.

1. **Disconnect the power and fuel sources.** You don't want your first furnace filter maintenance job to be your last so keep it mind that you are working on an electrical appliance. Never work with the electrical wires unplugged. As an additional safety measure, in gas and oil furnaces, the pilot light and fuel supply needs to be shut off.
2. **Locate your furnaces maintenance service panel.** You can refer to the user manual to see if you might need any tool to accomplish this task. Some furnace doors open by hand, while others are screwed in or fastened so you may need a screwdriver or other simple tool to open it.
3. **Locate the furnace filter.** The furnace filter is that spongy like piece of object that sits between the furnace and the air duct. It has a width of 1 inch or slightly more than that.
4. **Once you locate the filter, take it out from the furnace.** If you have a reusable filter, you can just take it out and clean all the dirt from the filter with your garden hose. Let it dry before replacing it. If you have a disposable filter, you can just replace it with a new one.
5. **Clean the areas where the filter sits.** You can use an old toothbrush to get into the furnace's blower and smaller spaces and thus effectively remove accumulated dust and debris.
6. **Replace the filter and put back any safety cover that you have removed.** Check to see if everything is in order, if yes, you can reconnect the furnace and turn it on. If you have an electrostatic air filter, simply take it out; wash it with a hose an place it back in the filter tracks.
7. **Run the furnace for a few minutes and observe if there are unusual sounds or smell coming out.** If you smell burning wires or are hearing crackling sounds for prolonged period of time, shut down the furnace and call in a furnace and duct cleaning professional.

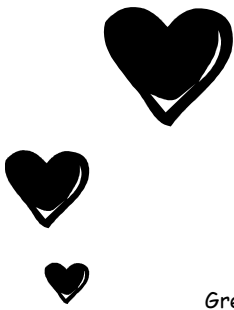
A clean furnace is the number one thing to keep heating or cooling equipment running at its peak performance along with maintaining its life span. Checking your air filters for blockage at least once a month, especially if you use continuous heat throughout the winter season, can not only increase your furnaces' efficiency but it can also cut down your bills and save your family from possible respiratory health issues as well.



## Attention Janice Sharpe!

### You are this month's Mystery Winner!

We have a \$10.00 gift certificate to  
Yarborough's Ice Cream reserved just  
for you! Come by our store to claim  
your prize!



"I have three romantic flooring packages to make the love of your life fall in love with you all over again this Valentine's Day!"

A "Top Secret" Letter to the Husband of the House from Pierre  
-Romance Director for Factory Flooring & Design



Greetings Husband of the House!  
There's a song in my heart, a spring in my step, and Romance is in the air! Valentine's Day is almost here! Ah, yes! It's that time of year again!

As Romance Director I have the responsibility and the pleasure of arranging some very special FREE gifts to spark the romantic fires for Factory Flooring & Design clients this Valentine's season. (Romance is very serious business at Factory Flooring & Design.)

### **1 A Free $\frac{1}{2}$ Dozen Box Of Homemade Confectionery Treats**

**From Shari's Berries! (Oo La La!)**

First, any Factory Flooring & Design client who makes a purchase of \$750 or more will receive a bouquet of chocolate strawberries from Shari's Berries!

Take it from Pierre...if you are looking for the perfect way to win that very special lady's heart, you simply cannot go wrong with chocolate covered strawberries. (*I ought to know!*) Imagine a sweet, chocolate shell, bursting with juicy, strawberry goodness. Mmmmmm. Ah yes! She is going to love you!

**INSIDER SECRETS**

### **2 Movie Passes! Shhh...Don't Tell Anyone!**

It's True! All you have to do is purchase at least \$1050 of flooring or other products and you'll receive Shari's berries AND I'll also send you out to the movies!

**Pierre's Movie Date Tip:** If you are serious about winning your girl's affections, you need to impress her while out on your movie date. Ladies are NOT impressed when you try to save a few bucks by sneaking snacks into the movie theatre! No, no, no! You must cheerfully stride up to the concessions counter and buy her anything she wishes! (You may have to mortgage your house, or liquidate some stock in order to purchase a small soda and popcorn...but she will see this as a sign of your undying devotion!)

**However...**you will not have to go to these extreme measures to prove your chivalry at the movie snack bar this Valentine's season. Your gift certificate to the movies will also cover the cost of snacks galore! (Shhh...we'll still let her think you paid. Your secret is safe with Pierre!)

**IMAGINE THIS...**

### **3 The Ultimate Romance Package!**

For purchases of \$2,500 or more...along with the movie passes and Shari's Berries, you'll also receive a gift certificate to The Flame. After the movie you'll take her to a romantic dinner. Ah...food, wine, *romance*! Picture this: beautiful new floors (very romantic!), chocolate confectionery treats, and a romantic evening for two with dinner and movies! No kids, no phones, no responsibilities! Just a quite, romantic evening out for the two of you. You can even sit in the back of the theatre and cuddle like you did when you were first dating! (Take it from Pierre...she will be putty in your hands, my friend!)

Bring this letter with you when you visit Factory Flooring & Design in February! But you must make your purchase during February to get this romance-filled package!

**A Message To The Wives...**Pierre knows that hubby may be very busy with his job (he works so hard!). He might not have time to read my letter. Well, Pierre wants you to know that it is certainly within the bounds of romance protocol for you to make the flooring arrangements for him...and give him the bill.

Ah...La' amore!

I anxiously await your phone call or visit!

Sincerely,

Pierre - Romance Director, Factory Flooring & Design

**P.S.** During the month of February...Get a box of Shari's Berries for purchases of \$750 or more. Add movies for two for purchases of \$1050 or more. Add a romantic, candlelight dinner for two at The Flame for purchase of \$2,500 or more. But you must make your purchase during the month of love! (Even if your floors aren't installed until after February, as long as you purchase them this month you still qualify!)

**P.P.S.** Perhaps you do not need new floors! Not to worry! Any friend of yours is a friend of Pierre's! Simply pass this letter along to a lovelorn friend...or someone you know who needs new floors!



# Jimmy's Health Page

## Confirmed – Your Digestive System Dictates Whether You're Sick or Well

More and more, science is finding that teeny tiny creatures living in your gut are there for a definite purpose. Known as your microbiome, about 100 trillion of these cells populate your body, particularly your intestines and other parts of your digestive system.

In fact, 90% of the genetic material in your body is not yours, but rather that of bacteria, fungi, viruses and other microorganisms that compose your microflora.

True, some of these bacteria can make you sick; for example, the National Institute of Allergy & Infectious Diseases recently found Crohn's Disease may be caused by immune responses to certain gut microbiota.

But the majority is good, and they work together as helpmates to aid your digestive system and keep you well. Beneficial bacteria, better known as probiotics, along with a host of other microorganisms, are so crucial to your health that researchers have compared them to "a newly recognized organ." For example, we now know that your microflora influence you:

- Genetic expression
- Immune system
- Brain development, mental health, and memory
- Weight, and
- Risk of numerous chronic and acute diseases, from diabetes to cancer

According to the featured article in *Time Magazine*:

*"Our surprisingly complex internal ecology has been a hot topic in medicine lately. Initiatives such as the Human Microbiome Project, an extension of the Human Genome Project, have been working tirelessly to probe potential links between the human microbiota and human health, and to construct strategies for manipulating the bacteria so that they work with us rather than against us.*

*...They've been linked to a range of nasty conditions, including obesity, arthritis, and high cholesterol. Now, two newer areas of research are pushing the field even further, looking at the possible bug link to a pair of very different conditions: autism and irritable bowel disease."*

### Microflora Being Investigated to Ascertain Links with Autism and IBS

This is precisely what Dr. Natasha Campbell-McBride's work centers around, and her Gut and Psychology Syndrome (GAPS) nutritional plan is designed to reestablish proper gut flora in order to heal and seal your gut – thereby reversing and eliminating ailments running the gamut from autism, ADD/ADHD, learning disorders, and obsessive-compulsive disorder, just to name a few possibilities. It's exciting to see science is starting to take this more seriously, as autism has reached epidemic proportions.

According to the featured *Time* article:

*"Up to 85% of children with autism also suffer from some kind of gastrointestinal distress such as chronic constipation or inflammatory bowel disease. Research published in 2005 in the Journal of Medical Microbiology and in 2004 in Applied Environmental Microbiology reported that the stools of autistic children contained higher levels of the bacterium Clostridium, while two 2010 studies in the Journal of Proteome Research and Nutritional Neuroscience reported unusual levels of metabolic compounds in autistic children's urine consistent with the high bacterial levels found in the stools of autistic patients.*

*In 2011, a study published in Proceedings of the National Academy of Sciences found that mice with essentially germ-free showed abnormal movement and anxiety symptoms, suggesting that at least some active intestinal biome is essential for normal development.*

*'Until a little while ago it was outlandish to suggest that microbiome in the gut could be behind this disease, ' University of Guelph assistant professor of biology Emma Allen-Vercoe said. 'But I think it's an intersection between the genetics of the patient and the microbiome and the environment,"*

Recent research published in the journal *Science* may shed much needed light on the persistent and hard-to-treat nature of beneficial bacteria. In fact, while about 10% of the T cells in the GI tract attacked the parasite, approximately 45% of the T cells began attacking other gut microbes. Furthermore, once the parasite had been successfully cleared, the immune system continued to misidentify beneficial bacteria as foreign agents, preventing the mice from ever fully recovering from the infection. As stated by *Time*:

*"If something similar happens in humans – either with Toxoplasma gondii or another invader – it could go a long way to explaining both the existence and persistence of all of the IBD conditions."*

According to the National Institute of Allergy and Infectious Diseases:

*"The team's findings are among the first to demonstrate that T cells in the gut mount an immune response to commensal bacteria during an infection. They also are the first to show that commensal-specific T cells remain in circulation after the infection is*



cleared. Based on their observations, the investigators speculate that, when uncontrolled, commensal-specific T cells may contribute to development of Crohn's disease, but more research is needed."

### Who Would Have Known? Breast Milk Boosts Beneficial Growth of Gut Flora

Adding more weight to Dr. Natasha Campbell-McBride's insistence that breastfeeding is crucial to help normalize an infant's microflora, a first-of-its-kind study on human breast milk and its impact on infants' gut flora gives new insight on why breast milk is better than formula at protecting newborns from infectious illness.

The study's author, William Parker, explained that breast milk appears to promote a healthy colonization of beneficial biofilms. Previous research has already established that breast milk reduces diarrhea, flu, and respiratory infections in babies, as well as lowers their risk of developing allergies, Type 1 diabetes, multiple sclerosis and other diseases.

According to Duke University:

*"This study is the first we know of that examines the effects of infant nutrition on the way that bacteria grow, providing insight to the mechanisms underlying the benefits of breast feeding over formula feeding for newborns, said William Parker, PhD, associate professor of surgery at Duke and senior author of the study.*

**Only breast milk appears to promote a healthy colonization of beneficial biofilms, and these insights suggest there may be potential approaches for developing substitutes that more closely mimic those benefits in cases where breast milk cannot be provided."**

The researchers grew bacteria in samples of three popular brands of milk- and soy-based infant formulas, cow's milk, and breast milk. All samples were incubated with two strains of beneficial E.coli bacteria (while some E.coli causes violent disease, other 'friendly cousins' actually serve helpful roles.) While the bacteria rapidly multiplied in all the specimens, there was one major difference. In the breast specimens, the bacteria formed biofilms, whereas the bacteria in the whole milk and the different infant formulas grew as individual organisms and failed to form a biofilms.

This is indeed important. Biofilms are essentially thin, sticky bacterial "sheaths" that adhere to your intestinal wall, where they serve as a shield, effectively blocking out pathogens and infectious agents. This is an essential part of the "healing and sealing" of your gut that Dr. Campbell-McBride's GAPS protocol accomplishes.

According to Duke University:

*"...This study adds even more weight to an already large body of evidence that breast milk is the most nutritious way to feed a baby whenever possible," said Gabriela M. Maradiaga Panayotti, M.D., co-director of the newborn nursery for Duke Children's and Duke Primary Care. "We know that babies who receive breast milk have better outcomes in many ways, and mothers who breast feed also have improved health outcomes, including decreased risk of cancer. Whenever possible, promoting breast feeding is the absolute best option for mom and baby."*

### How to Optimize Your Gut Flora

A healthy diet is the ideal way to maintain a healthy gut, and regularly consuming traditionally fermented or cultured foods is the easiest way to ensure optimal gut flora. Healthy options include:

Fermented vegetables of all kinds (cabbage, carrots, kale, collards, celery spiced with herbs like ginger and garlic)	Lassi (an Indian yogurt drink, traditionally enjoyed before dinner)	Tempeh
Fermented raw milk such as kefir or yogurt, but NOT commercial versions, which typically do not have live cultures and are loaded with sugars that feed pathogenic bacteria	Natto	Kim chee

Just to make sure to steer clear of pasteurized versions, as pasteurization will destroy many of the naturally occurring probiotics. For example, most of the "probiotic" yogurts you find in the grocery store these days are NOT recommended. Since they're pasteurized, they will be associated with all of the problems of pasteurized milk products instead. They also typically contain added sugars, high fructose corn syrup, dyes, and/or artificial sweeteners; all of which are detrimental to your health.

Consuming traditionally fermented foods will also provide you with the following added bonus:

- **Important nutrients:** Some fermented foods are excellent sources of essential nutrients such as vitamin K2, which is important for preventing arterial plaque buildup and heart disease. Cheese curd, for example, is an excellent source of both probiotics and vitamin K2. You can also obtain all the K2 you'll need (about 200 micrograms) by eating 15 grams or half an ounce, of natto daily. They are also a potent producer of many B vitamins.
- **Optimizing your immune system:** Probiotics have been shown to modulate immune system responses via you gut's mucosal immune system, and have anti-inflammatory potential. 80% of your immune system is located in your digestive system, making a healthy gut a major focal point if you want to maintain optimal health, as a robust immune system is your number one defense system against ALL disease.
- **Detoxification:** Fermented foods are some of the best chelators available. The beneficial bacteria in these foods are very potent detoxifiers, capable of drawing out a wide range of toxins and heavy metals.
- **Cost effective:** Fermented foods can contain 100 times more probiotics than a supplement, so just adding a small amount of fermented foods to each meal will give you the biggest bang for your buck.

- **Natural variety of microflora:** As long as you vary the fermented and cultured foods you eat, you'll get a much wider variety of beneficial bacteria than you could ever get from a supplement.

When you first start out, you'll want to start small, adding as little as half a tablespoon of fermented vegetables to each meal, and gradually working your way up to about a ¼ to ½ cup of fermented vegetables or other cultured food with one to three meals per day. Since cultured foods are efficient detoxifiers, you may experience detox symptoms, or a "healing crisis," if you introduce too many at once.]

### Learn to Make Your Own Fermented Vegetables

Fermented vegetables are easy to make on your own. It's also the most cost-effective way to get high amounts of healthful probiotics in your diet. I highly recommend getting the book Gut and Psychology Syndrome, which provides all the necessary details for Dr. Campbell-McBride's GAPS protocol.

Although you can use the native bacteria on cabbage and other vegetables, it is typically easier to get consistent results by using a starter culture. Caroline prepares hundreds of quarts of fermented vegetables a week and has found that she gets great results by using three or four high quality probiotic capsules to jump start the fermentation process.

Caroline prepares the vegetables commercially and I used them for a month before I started making my own. So, if you just want to put your toe in the water and see if you like them, you can order a jar or two and try them out. You can find her products on [www.culturedvegetables.net](http://www.culturedvegetables.net) or [www.culturednutrition.com](http://www.culturednutrition.com).

### AVOID This to Optimize Your Gut Flora

Along with eating naturally fermented foods and/or taking a high-quality supplement, it's essential that you avoid sugar, including fructose. Sugar nourishes pathogenic bacteria, yeast, and fungi in your gut, which may actually harm you more than its impact on insulin resistance. One of the major results of eating a healthy diet like the one described in my nutrition plan is that you cause your beneficial gut bacteria to flourish, and they secondarily perform the real "magic" of restoring your health.

Remember, an estimated 80% of your immune system is located in your gut, which is just one more reason why "tending to" your gut microflora is an essential element of good health. A robust immune system, supported by your flourishing inner ecosystem, is your number one defense against ALL disease, from the common cold to cancer. I feel very strongly that if we can catalyze a movement to get more people to implement this ancient dietary wisdom to their normal eating patterns, then we'll start seeing a radical change in health.

### Answer for last months puzzle

F	B	I		R	E	E	K		P	A	N	G
D	O	S		A	L	S	O		O	B	O	E
R	O	T		I	M	P	A	T	I	E	N	T
		A	S	S			L	A	S	S	E	S
C	E	N	T	I	G	R	A	D	E			
A	L	B	A	N	I	A				N	A	G
P	L	U	S		N	I	P		S	O	L	E
E	E	L				S	E	N	A	T	O	R
				D	E	G	E	N	E	R	A	T
U	N	S	E	E	N			W	I	T		
T	O	L	E	R	A	N	C	E		I	V	E
A	M	I	D		T	E	A	S		O	A	K
H	E	M	S		S	E	N	T		N	N	E

# Jimmy's Health Page Cont.

## Why Cholesterol is Essential for Optimal Health, and the Six Most Important Risk Factors of Heart Disease

There's some serious confusion about cholesterol, and whether high cholesterol levels are responsible for heart disease.

Chris Masterjohn, who recently received his PhD in nutritional sciences from the University of Connecticut, has published five peer-reviewed papers on vitamins and supplementation, and he's currently researching fat-soluble supplements – A, D, and K – at the University of Illinois. (Please note that the opinions expressed here represent Dr. Masterjohn's own positions, and may not represent the position of the University of Illinois.)

He also maintains a blog, The Daily Lipid, and his website, Cholesterol-And-Health.com, which are dedicated to the issue of cholesterol. He's also active with Weston A. Price Foundation.

Cholesterol has been demonized since the early 1950's, following the popularization of Ancel Keys' flawed research. As a result, people now spend tens of billions of dollars on cholesterol-reducing drugs each year, thinking they have to lower this "dangerous" molecule lest they keel over from a heart attack.

As a treatment to the power of this incredibly effective marketing system, Lipitor was the number one selling drug for 2011. This also reveals why challenging this belief system is met by such intense resistance. There are very powerful, financially-motivated forces backing the continued belief in the cholesterol myth.

### Cholesterol is Essential for a Healthy Life

The Weston A. Price Foundation has been major leaders in helping people understand the truth about cholesterol, and Dr. Masterjohn has also lectured on this important topic.

*"If we want to understand why cholesterol is really an incredibly important molecule and is really our friend rather than our enemy, I think what we should look at is the question, "What happens without cholesterol?" he says.*

*...Look at Smith-Lemli-Opitz syndrome or SLOS, which is a symptom of genetic deficiency in cholesterol. It's when people can't make enough cholesterol on their own. In order to actually have this full-blown syndrome, it's a recessive trait, which means you need a defective gene for cholesterol synthesis from your father, and you need one from your mother as well. Now, the number of people who carry this defective gene in the population is about 1 to 3% of the population. However, the number of babies who are born with Smith-Lemli-Opitz syndrome is far lower than we would expect...It turns out that if the fetus has both of these genes and the unborn child can't synthesize its own cholesterol, then this usually results in spontaneous abortion. So right away we see that cholesterol is needed for life itself..."*

In those rare cases where a baby is born with Smith-Lemli-Opitz syndrome, the child is susceptible to and can present a wide range of defects, such as:

Autism or mental retardation	Failure to thrive	Physical defects in hands, feet and/or internal organs
Visual problems	Increased susceptibility to infection	Digestive problems

### Cholesterol is Essential for Cellular Function

What this tells us is that cholesterol deficiency impacts virtually *every aspect* of your health. One of the primary reasons for this widespread effect is because cholesterol plays a critical role within your cell membranes. Your body is composed of trillions of cells that need to interact with each other. Cholesterol is one of the molecules that allow for these interactions to take place. For example, cholesterol is the precursor to bile acids, so without sufficient amounts of cholesterol, your digestive system can be adversely affected.

It also plays an essential role in your brain, which contains about 25% of the cholesterol in your body. It is critical for synapse formation, i.e. the connections between your neurons, which allow you to think, learn new things, and form memories. In fact, there's reason to believe that low-fat diets and/or cholesterol-lowering drugs may cause or contribute to Alzheimer's disease. Low cholesterol levels have also been linked to violent behavior, due to adverse changes in brain chemistry.

Furthermore, you need cholesterol to produce steroid hormones, including your sex hormones. Vitamin D is also synthesized from a close relative of cholesterol: 7-dehydrocholesterol.

To further reinforce the importance of cholesterol, I want to remind you the work of Dr. Stephanie Seneff, who also works with Weston A. Price Foundation. One of her theories is that cholesterol combines with sulfur to form cholesterol sulfate, and that this cholesterol sulfate helps thin your blood by serving as a reservoir for the electron donations you receive when walking barefoot on the earth (also called grounding). She believes that, via this blood-thinning mechanism, cholesterol sulfate may provide natural protection against heart disease. In fact, she goes so far as to hypothesize that heart disease is likely the result of *cholesterol deficiency* – which of course is the complete opposite of the conventional view.

### Identifying Risk Factors for Heart Disease

Heart disease is clearly one of the leading causes of death in the US, making it imperative for the vast majority of people to understand the risk factors in order to avoid becoming a statistic. However, total cholesterol will tell you virtually nothing about your

disease risk, unless it's exceptionally elevated (above 330 or so, which would be suggestive of familial hypercholesterolemia, which, in my view, would be about the only time a cholesterol-reducing drug would be appropriate).

Two ratios that are far better indicators of heart disease risk are:

1. **Your HDL/total cholesterol ratio:** HDL percentage is a very potent heart disease risk factor. Just divide your HDL level by your total cholesterol. This percentage should ideally be above 24%. Below 10%, it's a significant indicator of risk for heart disease.
2. **Your triglyceride/HDL ratios:** This percentage should ideally be below 2

Four additional risk factors for heart disease are:

1. **Your fasting insulin level:** Any meal or snack high in carbohydrates like fructose and refined grains generates a rapid rise in blood glucose and then insulin to compensate for the rise in blood sugar. The insulin released from eating too many carbs promotes fat and makes it more difficult for your body to shed excess weight, and excess fat, particularly around your belly, is one of the major contributors to heart disease.
2. **Your fasting blood sugar level:** Studies have shown that people with fasting blood sugar level of 100-125 mg/dl had a nearly 300% increase higher risk of having coronary heart disease than people with a level below 79 mg/dl.
3. **Your waist circumference:** Visceral fat, the type of fat that collects around your internal organs, is a well-recognized risk factor for heart disease. The simplest way to evaluate your risk here is by simply measuring your waist circumference.
4. **Your iron level:** Iron can be a very potent oxidative stress, so if you have excess iron levels you can danger your blood vessels and increase your risk of heart disease. Ideally, you should monitor your Ferritin levels and make sure they are not much above 80 ng/ml. The simplest way to lower them if they are elevated is to donate your blood. If that is not possible you can have a therapeutic phlebotomy and that will effectively eliminate the excess iron from your body.

### What You Need to Know about LDL and HDL with Respect to Heart Disease

LDL and HDL stand for low-density lipoprotein and high-density lipoprotein respectively. While most people talk about them as if they're different types of cholesterol, these lipoproteins are actually *carriers* for cholesterol in the blood. According to Dr. Masterjohn:

*"I think there's some truth to this basic paradigm in terms of their predictive value and the ability of LDL and HDL cholesterol to let us know whether things need to be optimized in the body. But I think it's important to note that just because these markers tend to correlate with heart disease risk, does not mean that one thing is causing the other.*

*For example, one of the most powerful predictors that's been validated across dozens of studies using hundreds of thousands of people is the total cholesterol to HDL cholesterol ratio...Basically, the higher the total to HDL cholesterol ratio, the greater the risk of future heart disease.*

*Now, does this mean that high total to HDL cholesterol ratio causes heart disease? Well, the best way to put that to the test would be to come up with a drug that specifically changes the ratio of LDL to HDL cholesterol ratio and to see if that drug prevents heart disease.*

*So far, they've tried to do studies on this, which inhibited the enzyme that transfers cholesterol from HDL to LDL. By doing so, it specifically increased HDL cholesterol and decreased LDL cholesterol. But what happened? People started dying left and right after taking that drug. They had to cancel the study early."*

According to Dr. Masterjohn, the research claim this failure was not related to the specific function of the drug, but rather that it had "off-target toxicity" that ended up putting people in mortal danger. He mentions another drug, Anacetrapib, which does the same thing as the failed Torcetrapib. So far, the short-term results have been promising, but the short-term results for Torcetrapib had also seemed promising, so I join him in issuing a warning well ahead of time that this drug – if released – is probably going to have some pretty significant detrimental side effects...

### Proper LDL Turnover is Important for Prevention of Heart Disease

Dr. Masterjohn points out that just because the total to HDL cholesterol ratio predicts heart disease doesn't mean that it causes heart disease.

*"We need to be really careful and keep that in mind, because the same thing applies to any other marker we look at," he says. My personal view is this: these lipoproteins need to transport cholesterol through your body so that the cholesterol can be used for all the good things that cholesterol does...bile acids...sex hormones...all these great things. In order to do that, we need to have good metabolism and good turnover of LDL particles. We have a receptor called the LDL receptor. And the function of that receptor is to bring those lipoproteins into the cell, so that they can be used for all those good things."*

There are two primary governors of LDL receptor activity:

1. **Individual cells:** Individual cells retrieve needed cholesterol by taking in LDL particles from your blood.
2. **Thyroid hormone**

According to Dr. Masterjohn, when the total cholesterol to HDL cholesterol ratio increases, it may indicate poor LDL turnover and poor metabolizing of the cholesterol, meaning your body is not using the available cholesterol appropriately. When your cells are not metabolizing cholesterol properly, the LDL carrier particles will stick around in your circulatory system longer, placing them at greater risk for oxidation and damage. And that's when the LDL particles become harmful.

*“When those particles are damaged, then they become toxic to the cells in that line of blood vessels. The immune system comes along and cleans up those damaged particles by creating a plaque,” he explains.*

Now, as just mentioned, thyroid hormone is a communication molecule that helps govern LDL receptor activity. So when your thyroid hormone is not working properly, your LDL receptor activity will also be affected. Thyroid hormone, in turn, is governed in part by insulin. Insulin may even have a direct impact on promoting LDL receptor activity, according to Dr. Masterjohn.

*“Insulin helps us make more thyroid hormone, and it helps activate T4 into T3. This helps increase LDL receptor activity and turn over these LDL particles. The problem is that a huge portion of our population is insulin-resistant. The insulin is there, but it's not carrying out its function properly. I think correcting insulin resistance is probably a major factor in normalizing thyroid function, which in turn could normalize cholesterol metabolism,” he says.*

I've long stated that insulin resistance is at the root of virtually every chronic disease known to man, and this again strengthens my position that normalizing your insulin sensitivity should be your top priority if you seek to stop or reverse the progression of any disease process, or to optimize your health and prevent disease in the first place.

### **The Importance of Vitamin K2 for Heart Health**

There's another important contributor to a healthy vascular system and that's vitamin K2, which is responsible for the integration of calcium into arterial plaque caused by oxidized LDL particles. It's critical for keeping your arteries squeaky clean, and works in conjunction with a number of other nutrients, most important of which are vitamin D, calcium and magnesium. Vitamin K2 is found in primarily in fermented foods and animal fats. The best sources of it that most people consume are egg yolks and cheese, especially hard cheeses.

*“We have epidemiological evidence that the more vitamin K2 people eat – but not K1 – the lower the risk of heart disease, and the lower the risk of calcification of the heart valves,” Dr. Masterjohn says. “We also have a lot of evidence from animal experiments showing that vitamin K2 is important in protecting against calcification of the blood vessels in general.*

*Calcification basically occurs in two ways in the blood vessels, and both of them we need vitamin K to protect against. In both cases, wherever we find calcification, we find defective matrix Gla protein or MGP. MGP is a vitamin K-dependant protein responsible for protecting blood vessels and other soft tissues from calcification. If vitamin K is not present in sufficient quantities in the diet, it cannot activate MGP, so MGP is defective and MGP therefore cannot protect against calcification of the blood vessels, heart valves, and all other soft tissue.*

*It seems from the evidence that we have that insufficient intake of vitamin K2 leads to greater calcification in atherosclerosis and greater medial calcification, which in turn increases the risk for heart disease. This is particularly ironic, because in most people's diet, the best sources are eggs and cheese, which are high in cholesterol, which we're told to avoid.”*

According to Dr. Masterjohn, animal studies have shown you can likely reverse calcification with high doses of vitamin K2. This would not surprise me in the least, especially if you also optimize other nutritional variables that we tend to normalize your cholesterol profiles, such as increasing consumption of healthful fats and restricting your intake of vegetable oils.

### **Are You Getting Enough Vitamin K2 to Protect Your Heart?**

The optimal amounts of vitamin K2 are still under investigation, but it seems likely that 180 to 200 micrograms of vitamin K2 should be enough to activate your body's K2-dependent proteins to shuttle the calcium where it needs to be, and remove it from the places where it shouldn't.

As I've discussed on numerous occasions, vitamin D is a critical nutrient for optimal health and is best obtained from sun exposure or a safe tanning bed. However, many are taking oral vitamin D, which can actually be problematic unless you're also getting sufficient amounts of vitamin K2. In fact, this is a really crucial point that has not been emphasized enough in the past: *If you opt for oral vitamin D, you need to also consume in your food or take supplemental vitamin K2.*

Why? Because when you take vitamin D, your body creates more vitamin K2-dependent proteins – the proteins that help move calcium around your body. But you need vitamin K2 to activate those proteins. If they're not activated, the calcium in your body will not properly distributed and can lead to weaker bones and harder arteries.

In short, vitamin K2 ensures the calcium is deposited and removed from the appropriate areas. By taking vitamin D, you're creating an increased demand for K2. And vitamin D and K2 work together to strengthen your bones and improve your heart health.

My favorite source of vitamin K2 is fermented vegetables made with a special starter culture designed to cultivate vitamin K2-producing bacteria. We recently had samples of high-quality fermented organic vegetables made with our special starter culture tested, and were shocked to discover that not only does a typical serving of about two to three ounces contain about 10 trillion beneficial bacteria, but also contained 500 mcg of vitamin K2.

Please note that not every strain of bacteria makes K2. For example, most yogurts have almost no vitamin K2. Certain types of cheese are very high in K2, and others are not. It really depends on the specific bacteria. You can't assume that any fermented food will be high in K2, but some fermented foods are very high in K2 such as natto.

**If you would like more information on either one of these articles please go to  
[www.mercola.com](http://www.mercola.com).**

# Heart of Harnett Playhouse

Proudly Presents

## A Dream to Fly

The one woman play inspired by the life of Bessie Coleman. The first African American Woman in the world to become a pilot!

Written and performed by the critically acclaimed New York actress **Madeline McCray**.

**Directed by:**  
John Harris, Jr.

**Performance Dates & Times:**

**Friday & Saturday**  
February 1<sup>st</sup> @ 7:00 pm  
February 2<sup>nd</sup> @ 7:00 pm

**Location:**  
Old Lillington High School  
900 11<sup>th</sup> St.  
Lillington, NC 27546



**Ticket Cost:**

Adults \$10  
Senior discount \$8  
Student discount \$5

*Free admittance for 5 years old and under*

Ticket info: Call **910-814-5959** or **[www.heartofharnettplayhouse.com](http://www.heartofharnettplayhouse.com)**



## Puzzle Page

### Valentine's Day

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell a popular Valentine's Day item.

P I H S D N E I R F D I P U C A L  
V D H S U R C A C F B A L E N D O  
N Y N T I A E A S O L C T O Y M V  
S R N E N S N L Y E H O I E R I E  
T L E D I D S F A O N T W S A R B  
R E Y S L R R E C T C T L E U E I  
A W S E R I F O N A I A I C R R R  
E E S E E E L L R D S O O M B S D  
H J C N S A V T R O N U N T E D S  
T G D N T O T O P I P O A S F N A  
E N Y E A A R O L L G C F E H I T  
E I S D U M R B E L O V E D B I G  
W L O D R P O A F F E C T I O N P  
S R E M A L F R R E N T R A P A R  
E A Y C N A F O R E V E R L I K E  
R D R O T I U S D N O I T O V E D

ADMIRER	COUPLE	FLOWERS	LOVERS
ADORE	CRUSH	FONDNESS	PARTNER
AFFECTION	CUPID	FOREVER	PROPOSAL
ATTRACTION	DARLING	FRIENDSHIP	RELATIONSHIP
BEAU	DATE	GIFT	RESTAURANT
BELOVED	DEAR	GIRLFRIEND	ROMANCE
BOYFRIEND	DEVOTION	HEARTS	ROSES
CANDLES	FANCY	JEWELRY	SENTIMENT
CANDY	FEBRUARY	LIKE	SUITOR
CHOCOLATES	FLAME	LOVEBIRDS	SWEETHEART



# Kris's Kuisine

## Filet Mignon with Mushroom-Wine Sauce

*Here are two beautiful recipes for a very romantic Valentines Day, hope you enjoy.*

### Ingredients

- 1/2 cup less-sodium beef broth
- 1/4 cup water
- 2 teaspoons all-purpose flour
- 3/4 teaspoon Dijon mustard
- 1/2 teaspoon bottled minced garlic
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- Cooking spray
- 2 (4-ounce) beef tenderloin steaks
- 1 cup presliced mushrooms
- 1/2 cup sweet Marsala

### Preparation

1. Heat a large cast-iron skillet over high heat.
2. Combine first 7 ingredients in a bowl.
3. Coat pan with cooking spray. Add steaks to pan; cook 5 minutes on each side or until desired degree of doneness. Remove steaks from pan. Add mushrooms to pan, and cook 3 minutes or until lightly browned. Remove mushrooms from pan. Remove pan from heat; add Marsala, scraping the pan to loosen browned bits. Reduce heat to medium. Return pan to heat. Add broth mixture to pan; bring to a boil. Cook 1 minute, stirring frequently. Stir in mushrooms.



# Frozen Orange Tortes with Cranberry Compote

## Ingredients

- 2 tablespoons sugar
- 2 tablespoons Dutch process cocoa
- crust
- 16 chocolate wafer cookies
- 2 tablespoons butter, melted
- Cooking spray
- 
- Filling:
- 2 large egg whites
- 1/8 teaspoon salt
- 1/3 cup sugar
- 3 tablespoons water
- 1 1/2 cups vanilla ice cream
- 1 tablespoon grated orange rind
- 1/4 cup fresh orange juice
- 
- Compote:
- 1 cup fresh cranberries
- 1/2 cup sugar
- 2 tablespoons water
- 1 tablespoon fresh lemon juice
- 1/4 cup orange-flavored liqueur



## Preparation

1. Preheat oven to 400°.
2. To prepare crust, combine first 3 ingredients in a food processor; process until finely ground. With motor running, pour butter through food chute; process until well blended. Divide crumb mixture evenly among 8 (6-ounce) straight-sided ramekins coated with cooking spray; press mixture into bottoms of ramekins. Place ramekins on a baking sheet; bake at 400° for 8 minutes or until toasted. Cool completely.
3. To prepare filling, place egg whites and salt in a bowl; beat with a mixer at high speed until foamy. Combine sugar and 3 tablespoons water in a small saucepan; bring to a boil. Cook, without stirring, until a candy thermometer registers 250°. Gradually pour hot sugar syrup in a thin stream into egg white mixture, beating at medium speed, then at high speed until stiff peaks form. Reduce mixer to medium speed; beat until mixture cools (about 8 minutes).
4. Allow ice cream to stand at room temperature for 15 minutes or until very soft; stir rind and orange juice into ice cream. Fold one-third of egg white mixture into ice cream mixture. Gently fold remaining egg white mixture into ice cream mixture. Divide mixture evenly among ramekins; freeze for 8 hours or overnight.
5. To prepare the compote, combine 1 cup fresh cranberries, 1/2 cup sugar, 2 tablespoons water, and 1 tablespoon lemon juice in a small saucepan over medium heat; bring to a boil. Cook for 10 minutes or until thick, stirring occasionally. Remove from heat, and stir in liqueur. Cover and chill for 4 hours or overnight. Unmold tortes; serve with cranberry compote.

# Thoughts for the Month

**“I consider everything a loss...compared to...”**

**Php 3:8**

The cost of a God-given dream (1)

Your dream will never be fulfilled unless you're willing to pay the price that comes with it. And that price is paid not once, but over a lifetime. *First, there's the initial cost.* You will have to make personal and sometimes painful sacrifices. You may have to walk away from attractive options and valued relationships because they don't fit into God's plan for your life. Leaving things that have given you your security and your identity will require grit and grace that only God can provide. Paul's resume included being “of the tribe of Benjamin, a Hebrew of the Hebrews...a Pharisee.” Paul once had wealth and status. Scholars reckon that when he committed his life to Christ, as was customary, his friends and family would have held a funeral service and considered him “dead” to them from that point forward. Paul's calling was to cover Asia with the gospel and write half the New Testament. But great assignments call for great sacrifice.

And Paul wasn't alone. “By faith Moses, when he had grown up, refused to be known as the son of the Pharaoh's daughter. He chose to be mistreated along with the people of God rather than to enjoy the pleasures of sin for a short time. He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt, because he was looking ahead to his reward.” So the question is: has God given you a dream? Do you have the faith and fortitude to fulfill it? Have you counted the cost and are you ready to pay it?

**“I have worked...been in prison...been flogged.”**

**2 Co 11:23**

The cost of a God-Given Dream (2)

*Second, there's the ongoing cost.* We all want what successful people have. The problem is, we don't want to pay the price they paid initially, and continue to pay every day. Paul spell out the true story behind his success: “I have worked much harder, been in prison more frequently, been flogged more severely, and been exposed to death again and again. Five times I received from the Jews the forty lashes minus one. Three times I was beaten with rods, once I was stoned, three times I was shipwrecked, I spent a night and a day in the open sea, I have been constantly on the move. I have been in danger from the rivers, in danger from bandits, in danger from my own countrymen, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false brothers. I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. Besides everything else, I face daily the pressure of my concern for all the churches.”

Most of us have a vague notion that someday we'll have to make sacrifices, but the price will have to be paid sooner than we think. Not expecting that, many of us become discouraged. Some of us table our dreams, putting them on hold. Others have abandoned them entirely. The question you must answer is: “Twenty-five years from now, what will I wish I had done today?” *That's* the cost of a God-given dream.

**“I have suffered the loss of all things.”**

**Php 3:8**

The cost of a God-given dream (3)

Stop and listen carefully to what some of the people around you are saying. Many of them express regret because they backed off from their dream of earlier years: a career not pursued, an opportunity left unseized, a relationship allowed to wither and die. Decades later they come back to it and think more about it. But for some, it's too late. They can't achieve their dream at any price. For others, the dream is possible but the price is much higher. In his book, *Put Your Dream to the Test*, Dr. John Maxwell writes: “Going after a dream is like climbing a mountain. We will never make it to the summit if we are carrying too much weight. As we enter each new phase of the climb, we face a decision. Do we take more things to carry, lay down things that won't help us climb, exchange what we have for something else, or stop climbing altogether? Most people try to take too many things with them...when successful people climb, they let go of things or start changing them in order to reach a higher level...The payments required for reaching a dream never stop. The journey continues only if you keep paying the price. The higher you want to go, the more you must give up. The greater the price you pay, the greater the joy you feel when you finally reach your dream.” Someone said a task without a vision is drudgery. A vision without a task is daydreaming. But a task with a vision is the pathway to victory and achievement.

# What's Happening in Sanford and Surrounding Areas

## Sanford

### Virginia Mayhew: Women in Jazz

**Organization:** Heart of Carolina Jazz Orchestra

**Location:** Temple Theatre

**Date:** February 15, 2013

Central North Carolina area music lovers are in for a real treat when renowned jazz saxophonist Virginia Mayhew joins Dr. Gregg Gelb and the Heart of Carolina Jazz Orchestra for a special two-day series of concerts and classes. The concerts are Friday, Feb. 15, 2013, at 8pm at the Temple Theatre, 120 Carthage St., in downtown Sanford, and Saturday, Feb. 15, 2013, at 7:30pm at the Halle Cultural Arts Center at 237 North Salem Street in Apex, NC. Tickets are \$15 (adults) and \$10 (students) for the Temple Theatre show and \$12 for the Halle Cultural Center show.

Tickets will be available at the Temple Theatre Box Office, 919-774-4155, or Halle Cultural Center, 919-249-1120. In addition, on Saturday afternoon, Feb. 16, at the Halle, Virginia Mayhew will offer a free master class (younger players welcome) from 3:30-4:30pm.



## Harnett County

### Sweet Treats Event

**Date:** February 9, 2013

Tickets are on sale now for "**Sweet Treats**," an elegant dessert buffet hosted annually by the **Lillington United Methodist Church**. The floating event is on this date from 2 p.m. until 3:30 p.m. For just \$10 per person, ticket holders select their choice of three delectable, homemade desserts from the buffet, and are then seated at a table and served a beverage by a waiter. Ticketholders that cannot dine in can select their items and take them home. Tickets are not sold at the door on the day of the event, so an advance purchase is required. Contact the Lillington Chamber of Commerce to get your tickets today! The funds from this event support local ministries. The church is located at 1201 South Main Street, Lillington.

## Temple Theatre

**Feb 28 – Mar 17**

### Forever Plaid

On the way to their first big concert, singing quartet The Plaids are killed in a car accident. Due to the alignment of space and time, The Plaids are able to return to Earth for one final concert. The Plaids perform some of the greatest songs from the 1950's in four part harmony before returning back.

Written by: Stuart Ross

# Kids Korner

## Love Fairy Craft

Make this delightful Love Fairy to bring words of love to someone special.

### Supplies

Patio Paint  
DCP07 - Geranium Red  
DCP10 - Summer Sky Blue  
DCP11 - Pot O' Gold  
DCP14 - Cloud White  
DCP41 - Carnation Pink  
3/4" flat brush  
#3 round brush  
Foam plate  
3/8" round foam pouncer brush  
Black fine tip permanent marker  
Mini Quick Curls Doll Hair,  
Unfinished wood shapes: three 1 3/4" hearts; two medium teardrop shapes 1 1/4" doll head/knob  
Lo-temp glue gun  
1.9" and 2.75" terra cotta pots

### Instructions

Use flat brush and Carnation Pink to paint doll head and 2.75" pot; let dry.  
Use flat brush and Geranium Red to paint 1.9" pot and teardrop shapes; let dry.  
Use flat brush and Snow White to paint two hearts; let dry.  
Use flat brush and Pot O' Gold to paint remaining heart and let dry.  
Mix two parts Carnation Pink to one part Geranium Red; use pouncer brush to paint two circles for cheeks.  
Use round brush and Geranium Red to paint small heart print on Carnation Pink pot and for mouth on doll head; let dry.  
Use round brush and Carnation Pink to paint small heart print on Geranium Red pot. Let dry.  
Use end of paintbrush handle dipped in Summer Sky Blue to paint two dots for eyes and let dry.  
Glue Geranium Red pot over base of rim pot, with pot slanted forward at angle.  
Glue doll head/knob on bottom of small pot.  
Refer to photo for placement of wings and with bottom tips touching, glue Snow White hearts to back of small pot.  
Use black marker to paint words "hugs and kisses" on front of Pot O' Gold heart.  
Glue Pot O' Gold heart to front of small pot.  
Glue teardrop shapes for arms at sides of small pot, wedging them between wings and heart at front with rounded end upwards.  
Glue hair as desired to top, sides, and back of doll head. Let dry.



## How You Can Give Your Friends and Relatives a Free Gift

Dear Friend and Client,

You may not know about the fabulous referral reward program that we offer to our clients. It works like this:

As you probably know, advertising is very expensive. Instead of paying the newspaper or other place to advertise, I'd rather reward you. So we've assembled our **Referral Rewards Program**. Every time you refer someone who becomes a client, I will send you a \$25 Visa gift card.

### A \$250 Gift from You to Your Friends

I will send every friend or relative that you refer a FREE Factory Flooring and Design gift certificate for \$250 in your name!

### Do Your Friends A Huge Favor!

Many of our clients came to us after having a bad experience with a floor covering company. You will be doing your friends a gigantic favor by referring them to a company they can trust!

#### What to Do Right Now

It's simple. Just fill in the blanks on the back for each friend, neighbor, relative, or acquaintance you want to refer. Then mail this form or bring it to Factory Flooring and Design.

#### Bonus Reward!!

If you fill out all 10 names, addresses, and phone spaces and turn it in today, you will receive \$25.00 worth of Factory Flooring and Design Bucks! You can use these just like cash next time you purchase spotter, floor mats or any other products from us!



Sanford Facebook



Us?



Pinehurst Facebook

### Look at this—

#### Special Testimonials from very happy Clients

"This is our first experience with laminate flooring. If it had not been for water damage from a leaking hose we would have never met the professionals at Factory Flooring & Design. They went above and beyond to make sure we were satisfied with each phase of the installation. When we saw the finished results we had a much improved appearance than we ever expected."

**Peggy Holshousen**

"I write with a message of thanks and goodwill to you and your team for the remarkable job of removing the "wrinkles" in our carpet. The job was capably completed the day before we left Sanford for the winter. Amazing what a difference that change has made to both the appearance and feel of the house. Thank you, Thank you, and Thank you!"

**Diane Johnson & Don Cameron**

"Thanks so much for your Christian kindness and advice and newsletter! The floor is so beautiful, we really are enjoying it, and it fit our needs perfectly."

**Hazel Bullard**

### Factory Flooring and Design

717 Bragg St., Sanford, NC 27330

Ph: 919-774-1040

[www.factoryflooringanddesign.com](http://www.factoryflooringanddesign.com)

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Ph: 910-295-5776

*Referral Form on Back*

Your Name \_\_\_\_\_ Your Phone \_\_\_\_\_

Your Address \_\_\_\_\_ City, Zip \_\_\_\_\_

***Enter the Names of Your Friends on the Lines Below***

**(You may attach more sheets if necessary)**

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City, Zip \_\_\_\_\_ Phone \_\_\_\_\_

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City, Zip \_\_\_\_\_ Phone \_\_\_\_\_

**If you really liked our service, I would like to hear about it! (I also want to know if there is something you were unhappy with!!) On the lines below, write 1 or 2 things that you especially liked about Factory Flooring and Design.**

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Friend,

If you know someone you think would enjoy reading the Factory Flooring & Design newsletter, give this page to them, have them fill out the bottom and bring it in or mail it back to us, or email Angie at adreeves\_fco@windstream.net.

Thank you for passing this forward.

Name: \_\_\_\_\_

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 *Happy Valentine's Day* 